

Are "Soul Ties" Biblical?

Mark 10:6–9: *6 But from the beginning of creation, God made them male and female. 7 for this reason a man shall leave his father and mother, 8 and the two shall become one flesh... 9 what therefore God has joined together, let no man separate.*



Human beings are different from all the rest of God's creation. Of all the creatures on this earth, we were the only ones created "in God's image." God was intentional with this, as the human race was meant to be an extension of God's family here on this planet. He created us as social and relationship-oriented beings. We were created to be connected, not just with our Creator, but with each other. In many spiritually based groups, this connectivity is defined by the phrase "soul ties." These are often described as the most intense connections people can have between them. They are credited with having their basis on a mystical level.

Do these soul ties accurately represent what God intended humanity's connections to look like, or are they way off-base?

A soul tie is said to be an intense bond between two people that feels all-consuming.

- ✓ It differs from the common expression "soul mate" in that it doesn't have to be romantic or with only one person. It can exist between friends or even enemies, or business associates.
- ✓ It is said it can be created by physical intimacy or other shared experiences that form an emotional bond.
- ✓ It is said it can be created by making vows or promises to someone out loud, with the thought that those words remain in existence somewhere in the universe and they are binding.
- ✓ It is said it can be created in a past life.
- ✓ It is said it can be created by casting a magical love spell or a binding spell.
- ✓ The idea of being bound by soul ties is very popular on social media.

While it originates from New Age teachings of mystical connections, some Christians have embraced this idea as having its basis in Scripture. We will take an honest look to see if this is true.

Some Christians use the account of Adam and Eve being joined as a basis to justify soul ties:

Genesis 2:21–24: *21 So the LORD God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. 22 The LORD God fashioned into a woman the rib which He had taken from the man, and brought her to the man. 23 The man said, This is now bone of my bones, and flesh of my flesh; she shall be called Woman, because she was taken out of Man. 24 For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh.*

As Christians, we look at these scriptures as a beautiful example of the joining together of a man and a woman in marriage.

Proponents of soul ties say, "two parts of their souls were knit together." However...

"...when people become 'one flesh' they are not combining their souls. A person does not find their 'better half' when they marry, because humans are not halves." – christianity.com

Does the account of Shechem and Dinah verify soul ties?

Genesis 34:1-4: *1 Now Dinah the daughter of Leah... went out to visit the daughters of the land. 2 When Shechem the son of Hamor... the prince of the land, saw her, he took her and lay with her by force. 3 He was deeply attracted to Dinah the daughter of Jacob, and he loved <157> the girl and spoke tenderly to her. 4 So Shechem spoke to his father Hamor, saying, Get me this young girl for a wife.*

This royal prince, Shechem, forcibly grabbed Dinah and raped her. But he was deeply attracted to Dinah...and he loved the girl.. He wanted her for his wife. Does this violent connection that soon ended in tragedy describe a soul tie?

Soul ties are often described in a negative sense, as the reason you are being held back in some area of your life. Therefore, the reasoning goes, the tie needs to be severed.

Symptoms of a negative soul tie include:

- You have a hard time letting go after a breakup.
- You can't see life without this person.
- Your self-worth is based on this other person.
- One of you exhibits manipulative and controlling behavior, or obsessive and possessive behavior.

Your soul tie must be severed, and there are seemingly no limit to the number of "spiritual healers" who can help "unknit" your souls from one another. There are also Christian "deliverance" ministries helping people break soul ties with the fear that demons can travel to and from people connected by a soul tie.



The human mind is very creative, and this quickly steps into the realm of mythology, witchcraft and paganism. It is a warning bell.

Let's drop in on a few additional scriptures some people use to suggest soul ties are scriptural.

The friendship between Jonathan and David was remarkable. Was it a soul tie?

1 Samuel 18:1: *Now it came about when he had finished speaking to Saul, that the soul of Jonathan was knit <7194> to the soul of David, and Jonathan loved <157> him as himself.*

Their souls were "knit together." It's definitely poetic, and this sure sounds like this idea of a soul tie. Is it?

Knit: Strong's Exhaustive Concordance #7194: *qashar*; a primitive root: to tie, physically (gird, confine, compact) or mentally (in love, league)

This does give the sense that their souls/lives were literally tied together. What do we do with that?

Let's look further into their relationship:

1 Samuel 18:3-4: *3 Then Jonathan made a covenant with David because he loved <157> him as himself. 4 Jonathan stripped himself of the robe that was on him and gave it to David, with his armor, including his sword and his bow and his belt.*

There is no doubt Jonathan and David had a strong bond of friendship.

In summary, we see strong, positive connections like Adam and Eve and Jonathan and David. We see strong negative connections like Shechem and Dinah.

Do these examples give credibility to soul ties being a scripturally sound concept? No! There are several reasons for this.

In the Dinah account, Shechem *loved* her. Jonathan *loved* David. The Hebrew word for *love* used here is broadly used in the Old Testament.

Love: Strong's Exhaustive Concordance #157 *āhab*; a primitive root; to have affection for (sexually or otherwise):—(be-) love(-d, -ly, -r), like, friend

The King James Version translates this as love 169 times, lover(s) 19 times, friend(s) 12 times, beloved 5 times, liketh 1 time; lovely 1 time, loving 1 time

The word is used to convey admiration and respect.

We are to have a high level of respect for our neighbor and for others:

Leviticus 19:18: *...you shall love <157> your neighbor as yourself; I am the LORD.*

Leviticus 19:34: *The stranger who resides with you shall be to you as the native among you, and you shall love <157> him as yourself, for you were aliens in the land of Egypt.*

If we say this word *love* indicates a soul tie, as in Shechem loved Dinah and Jonathan loved David, then we would have to say everybody in the nation of Israel had to have a soul tie. Everybody is tied to their neighbor, and everybody is tied to the stranger. Everybody is tied to everybody! But we can't take that word and just focus on this one way it is used. It has a much broader meaning.

Let's look at Jonathan and David to understand what happened. Why did Jonathan have this great affection for David? Just before the texts we read, David had done something unusual. The young man David, a teenager, stood up against the giant Goliath and killed him in a one-on-one battle.

He did this in the name of God and the name of Israel. When there was no soldier in the entire army who would stand up against that man, this kid comes and kills the giant.

David's faith and courage had saved Israel, and Israel was King Saul's kingdom. King Saul was Jonathan's father. Jonathan watched David save his father's kingdom in the name of God. Jonathan saw this and was drawn to him because of the clarity of his thinking, his courage and his faith. Jonathan covenanted his friendship to David because David was the kind of person everyone wanted to be!

This was an extraordinary example of friendship. It was incredible because they were both men of a high level of character. This is not some mystical soul tie; this is a tie based on admiration for each other that made them want to be a part of each other's life.

After King Saul died, David became king. After King David died, his son Solomon became king. He is said to have had 700 wives and 300 concubines as a display of wealth and power. Were his connections with all those foreign women evidences of dangerous and unhealthy soul ties?

Let's look at how the Bible describes it, but first we want to look at Solomon's devotion to God.

Remember, before Solomon became devoted to idolatrous women, he was first devoted to serving God:

1 Kings 3:3: *Now Solomon loved <157> the LORD, walking in the statutes of his father David...*

The distractions and power of kingship overrode Solomon's devotion to God:

1 Kings 11:1-2: *1 Now King Solomon loved <157> many foreign women... 2 from the nations concerning which the LORD had said to the sons of Israel, You shall not associate with them, nor shall they associate with you, for they will surely turn your heart away after their gods. Solomon held fast to these in love <157>.*

These relationships were not soul ties. They were the result of the attraction of power and lust Solomon felt, even though God warned him not to pursue such relationships.

Solomon rationalized these attractions into becoming a way of life. This act of defiance would cost him dearly, as his son would lose the royal lineage of the kingdom of Israel. Those who believe in soul ties would argue that this is the danger in them. We say, no, this is the danger of lust! It is the danger of misplacing your life's dedication.

When we believe in this concept of soul ties, we take our life circumstances and say they are beyond our ability to change. *I am a victim of what happens around me, and I have no choice.* Solomon later wrote in Proverbs that he learned all is vanity. His actions were not due to some mystical tie; they were the effects of human emotions and desires running wild, resulting in blatant idolatry.

We have noticed a pattern with Christian internet preachers embracing soul ties. They hold up as “proof” whatever scriptures legitimately describe any kind of meaningful relationship, like those we’ve already reviewed.

Two additional “proofs” often cited are **1 Corinthians 6:16**—a warning that when sleeping with a prostitute, *The two shall become one flesh*. Proponents say this proves a soul tie is created through the sexual act. In **Colossians 2:2**, the Apostle Paul says the hearts of the brethren have been *knit together in love*. Therefore, they say, we have a soul tie with every other believer.

But being “knit together in love” is a choice. This is not a destiny driven by some mystical power. The believers in Colossae decided to follow Jesus and love the brethren. Our core values are about making choices, not rationalizing our behaviors by claiming to be cosmic victims.

Making and breaking soul ties is an appealing concept:

- ✓ It can be an excuse for bad behavior by rationalizing promiscuity because “you have no choice,” as you are supernaturally tied to this person and this person and this person...
- ✓ It provides an explanation for why we hurt so much when a relationship goes bad.
- ✓ It’s a romantic notion made even more popular by people like the biggest-selling recording artist in the world, Taylor Swift, who has a song called *Invisible String* with the lyric, “Isn’t it just so pretty to think all along there was some invisible string tying you to me?” Aww. Such a pretty thought!

Are we going down a “pretty” road now? It IS attractive. But sin is attractive. Darkness is attractive. Evil is attractive. Godlessness is attractive. Are we going to get stuck in such things?

Human beings are given free will with the ability to assess situations. Yes, our natural inclinations can draw us into unhealthy situations, but we absolutely have choices in the human connections we make.

We talked some about using mystical means to undo these problems. What does the Bible say about such an approach to this perceived problem?

The principles in the Old Testament Law show a clear-cut response to such approaches:

Deuteronomy 18:10–13: *10 There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, 11 or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead. 12 For whoever does these things is detestable to the*

LORD; and because of these detestable things the LORD your God will drive them out before you. 13 You shall be blameless before the LORD your God.



Beyond the romantic notion of soul ties is the mystical part, where now we allegedly need certain rituals to break the ties that are ruining our life. They look an awful lot like witchcraft involving white candles, salt, cord-cutting rituals, specific prayers, magic spells or incantations and more.



There's nothing biblical about demons traveling through a metaphorical string between us. This creates an environment of unnecessary fear and feeds into demonology, wanting to look into things we are not supposed to look into.

In Deuteronomy, those who do these things are *detestable to the LORD*. This is an Old Testament scripture, but Jesus never says in the New Testament that it no longer applies. He doesn't even have to address it because it was so clearly ungodly and idolatrous.

Stay far away from any situation that requires this or that ritual to cut the soul tie with demons traveling back and forth! This is an ungodly realm, and as Christians, we are to have no part in such things.



What about legitimate relationship issues?



We might need to seek counseling for ways of coping with past or present relationships. The hurt and pain is real. For example, a counselor might suggest we remove from our house physical objects belonging to the person causing us pain, for example. All rituals aren't evil or demonic.

Professional counseling can certainly help us to move past the pain. Certain physical rituals can help us move past difficult circumstances. Rather than being mystical, these can give our minds clear steps to clean something out of our past so we can move into the present, and then move on by approaching the future. That is an acceptable way to look at things.

But when we tie in the magic spells and spirit realm, we have gone too far. We don't need those things. We want to focus, make better choices and move forward in a godly way.



We need to see the problem as it truly is.

Instead of trying to see harmful relationships as driven by mystical powers with mystical threads that connect us, let's see them as they really are: sin and darkness, rooted in the sin of Adam and the influence of Satan.

Ephesians 6:10–13: *10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.*

Next in this text comes the armor of God—the breastplate of righteousness, the helmet of salvation, the sword of the spirit, the shield of faith and the girdle of truth. Mentally “putting on the armor” is not a ritual; it is acknowledging we need God’s help in our struggles.

Let me arm myself with faith—not in meaningless rituals, but in the word of God. Let me arm myself with righteousness—the breastplate of righteousness covers our heart, our vital organs. It is no accident it’s called “righteousness.” Righteousness protects us, not ritual. The Scriptures give us the answers. We are not to go down the road of mysticism.

REJECTING SOUL TIES

We need to stay focused on scriptural responses to our challenges.

Handling all challenges comes down to our decision to focus our thinking and resulting actions, both in accordance with clearly-delivered guidance from God’s word:

2 Corinthians 10:3–5: *3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.*

Taking every thought captive to the obedience of Christ—our influences should not be coming from the outside in, but rather with the thought of, I am going to immerse myself in the word of God, in God’s help and direction. I will immerse myself in fellowship with those of like faith. I am going to work on having my thoughts be captive to following Jesus’ example. This should be our driving force. Our reactions need to be scripturally based.

REJECTING SOUL TIES

We need to look inwardly, and do so honestly.

Seeing our own weaknesses helps us see a scriptural path to dealing with them:

James 4:1–4: *1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. 4 You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.*

It comes down to the idea of, "It's all about me, and what I want when I want it." Why is this soul ties concept becoming more popular, especially with younger people? Perhaps because of the prevalence of "ethical non-monogamy" or "polyamory," meaning, having multiple intimate relationships with the full knowledge and consent of all parties involved. This concept does not align with God's laws against adultery and fornication, so they need another excuse, another reason, *Well, this is just the way the universe works!*

No, it is not the way the universe works; it's the way a sinful mind can work. We need to take it out of the "universe" and bring it down to our own responsibility and accountability.

Everyone can live as they choose, but Christians should look inward and decide not to act upon unscriptural desires.

We do not need to be fighting to sever a soul tie; we need to be fighting our own internal thoughts and emotions to be more pleasing to God.



We need to be keenly aware of who we are listening to.

Be wary of those who encourage mystical responses relating to perceived soul ties in the name of Christ.

The Apostle Paul comments on those who preached a different gospel:

2 Corinthians 11:13-14: *13 For such men are false apostles, deceitful workers, disguising themselves as apostles of Christ. 14 No wonder, for even Satan disguises himself as an angel of light.*

We found "healers" online and on social media advising their followers to ask for angelic help in dealing with soul ties. One said, "If you work with archangels, consider calling upon Michael every time you feel the soul tie get triggered."



We are not to call upon angels! If we claim Christianity and are considering contacting angels, immediately stop and go in the other direction! In the case of soul ties and angels, we are dealing with demonism. Angels don't respond to us. They are sent when God sends them. They do not come because we call! Do not listen to any who try to guide you down such pathways.



**REJECTING
SOUL TIES**

We need to be ever watchful of our heart, words, intentions and direction.

Proverbs 4:23–27: *23 Watch over your heart with all diligence, for from it flow the springs of life. 24 Put away from you a deceitful mouth and put devious speech far from you. 25 Let your eyes look directly ahead and let your gaze be fixed straight in front of you. 26 Watch the path of your feet and all your ways will be established. 27 Do not turn to the right nor to the left; Turn your foot from evil.*

Make sure your heart is in the right place. Make sure your words are speaking the right things. Don't let your eyes wander; look straight ahead. Watch where you go.

This is not mystical; it is all choice. As Christians, we need to daily make these clear and firm choices, and then stand in righteousness.

TYING DOWN THE MYTHOLOGY OF "SOUL TIES"

Our role as Christians was simply explained by Jesus when he said his followers are
"in the world but not of the world"

Let us be on our guard against the ever-evolving thoughts and ideas the world brings forward, especially those that pave the way for our inappropriate human desires to be rationalized and accepted

STAND STRONG AND WALK AWAY!

This is a simple process. While the idea of soul ties might be enticing and feel like a way to get what we want without having to take responsibility, it is all lies. It is a devious lie that take us away from the true meaning and true focus and direction of our lives—to walk in Jesus' footsteps.

Don't let soul ties even enter your mind. They are fictitious, they are mythological and they don't belong!

**So, are soul ties biblical?
For Rick, Jonathan, Julie and Christian Questions...
...Think about it!**

All scriptures cited are from the NASB1995 translation unless otherwise noted.



Next episode

Episode 1376:
Do I Really Have to Love My Enemies?



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Study QUESTIONS



Ep.1375: Are “Soul Ties” Biblical?

See:

<https://christianquestions.com/doctrine/1375-soul-ties/>

1. What is a “soul tie?” Do the relationships between Adam and Eve, Dinah and Shechem, Jonathan and David, and Solomon and his wives support the idea of biblical “soul ties”?
2. Are these considered positive soul ties? Are there negative soul ties according to those that profess this belief? (Genesis 2:21-24, 34:1-4, 1 Samuel 18:1-4, 1 Kings 3:3, 11:1-2)
3. If soul ties exist, how would Leviticus 19:18 and 34 be interpreted?
4. What are the dangers in living our lives with this idea? How might this affect our personal responsibility towards our own mistakes? Could this belief in soul ties impact forgiveness? How could it affect looking to God’s word for guidance in repenting and walking again in righteousness? How could it affect your relationship with God and with His son, Jesus?
5. How should we approach legitimate relationship issues?
 - a. How do we accurately see the problem? How do we arm ourselves? (Ephesians 6:10-13)
 - b. What should our responses to challenges be based on? (2 Corinthians 10:3-5)
 - c. What is absolutely necessary when looking at our own weaknesses? (James 4:1-4)
 - d. Who do we rely on to give us information? (2 Corinthians 11:13-14)
 - e. What choices should we make to keep us watchful? (Proverbs 4:23-27)
6. What experiences or actions have you had to “stand strong and walk away” from? What thoughts and ideas from the world are the most attractive to you? How are you fighting against letting them gain a footing in your life?

Study QUESTIONS

Ep.1375: Are “Soul Ties” Biblical?

<https://christianquestions.com/doctrine/1375-soul-ties/>

See:  CQ.Rewind
SHOW NOTES

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